

Meal	Monday	Tuesday	Wednesday	Thursday	Friday
Week 1	3/25, 4/22, 5/20	3/26, 4/23, 5/21	3/27, 4/24, 5/22	3/28, 4/25, 5/23	3/1, 3/29, 4/26, 5/24
	Lunch <ul style="list-style-type: none"> Chx. Sliders, WG Rolls,  Veg. Burger, Tomato Ketchup, Green Beans & Cauliflower, Apples 	<ul style="list-style-type: none"> Turkey Tacos, WG Tortillas*,  Salsa Veg. Crumbles, Peas & Carrots, Bananas 	<ul style="list-style-type: none"> WG Crispy Chx., Tomato Ketchup,  Veg. Bites, Broccoli & Yellow Beans, Cantaloupe 	<ul style="list-style-type: none"> WG Rotini, Roasted Tomato Sauce, Chx. Sausage  Org. Tomato Tofu, 4 Veg. Blend, Pineapple 	<ul style="list-style-type: none"> WG* Garlic Bread Pizza, Green Beans, Diced Carrots, Fruit Salad
Week 2	3/4, 4/1, 4/29, 5/27	3/5, 4/2, 4/30, 5/28	3/6, 4/3, 5/1, 5/29	3/7, 4/4, 5/2, 5/30	3/8, 4/5, 5/3, 5/31
	Lunch <ul style="list-style-type: none"> WG Mac & Cheese, Broccoli & Yellow Beans, Apples 	<ul style="list-style-type: none"> Chx. Meatballs In Brown Gravy,  Tofu In Gravy, WG Rolls, Peas & Carrots, Bananas 	<ul style="list-style-type: none"> Turkey Burger W/ Cheese,  Veg. Burger, Buns & Ketchup, Green Beans & Cauliflower, Honeydew 	<ul style="list-style-type: none"> WG Chx. Bites*, Tomato Ketchup,  Veg. Bites, 4 Veg. Blend, Pineapple 	<ul style="list-style-type: none"> WG* Bean & Cheese Burrito, Green Beans, Diced Carrots, Fruit Salad
Week 3	3/11, 4/8, 5/6	3/12, 4/9, 5/7	3/13, 4/10, 5/8	3/14, 4/11, 5/9	3/15, 4/12, 5/10
	Lunch <ul style="list-style-type: none"> WG Cheese Tortellini In Garlic & Herb Oil, Green Beans & Cauliflower, Apples 	<ul style="list-style-type: none"> Southwest Chx., White Rice Bowl,  Org. Tofu, Peas & Carrots, Bananas 	<ul style="list-style-type: none"> Chx. Meatballs In Brown Gravy,  Tofu In Gravy, WG Rolls, Broccoli & Yellow Beans, Cantaloupe 	<ul style="list-style-type: none"> Chx. Fajitas, WG Tortillas,  Tofu Fajitas, 4 Veg. Blend, Pineapple 	<ul style="list-style-type: none"> Chx. Alfredo, WG Rotini,  Tofu Alfredo, Green Beans, Diced Carrots, Fruit Salad
Week 4	3/18, 4/15, 5/13	3/19, 4/16, 5/14	3/20, 4/17, 5/15	3/21, 4/18, 5/16	3/22, 4/19, 5/17
	Lunch <ul style="list-style-type: none"> WG Bean & Cheese Burrito, Broccoli & Yellow Beans, Apples 	<ul style="list-style-type: none"> Turkey Burger W/ Cheese,  Veg. Burger, Buns & Ketchup, Green Beans & Cauliflower, Bananas 	<ul style="list-style-type: none"> WG Chx. Bites*, Tomato Ketchup,  Veg. Bites, Peas & Carrots, Honeydew 	<ul style="list-style-type: none"> Stir-Fry Chx., WG Brown Rice*,  Asian Tofu, 4 Veg. Blend, Pineapple 	<ul style="list-style-type: none"> Chx. Marinara, WG Penne,  Veg. Crumbles, Green Beans, Diced Carrots, Fruit Salad

Spring Allergy Menu 2024

March / April / May



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Week 1	3/25, 4/22, 5/20	3/26, 4/23, 5/21	3/27, 4/24, 5/22	3/28, 4/25, 5/23	3/1, 3/29, 4/26, 5/24
	Lunch <ul style="list-style-type: none"> • Roasted Chicken • Corn Flour Pasta • Green Beans & Cauliflower • Fresh Apples 	<ul style="list-style-type: none"> • Chicken In Salsa • Corn Tortillas • Vegan Cheese • Peas & Carrots • Fresh Bananas 	<ul style="list-style-type: none"> • Corn Flour Pasta • Diced Chicken • Broccoli & Yellow Beans • Fresh Cantaloupe 	<ul style="list-style-type: none"> • Roasted Chicken • Corn Flour Noodles • 4 Veggie Blend • Fresh Watermelon 	<ul style="list-style-type: none"> • Chicken Quesadillas • Vegan Cheese • Green Beans • Diced Carrots • Fresh Fruit Salad
Week 2	3/4, 4/1, 4/29, 5/27	3/5, 4/2, 4/30, 5/28	3/6, 4/3, 5/1, 5/29	3/7, 4/4, 5/2, 5/30	3/8, 4/5, 5/3, 5/31
	Lunch <ul style="list-style-type: none"> • Mac N' Chicken • Vegan Cheese • Corn Flour Pasta • Broccoli & Yellow Beans • Fresh Apples 	<ul style="list-style-type: none"> • Herbed Chicken • Brown Rice • Peas & Carrots • Fresh Bananas 	<ul style="list-style-type: none"> • Grilled Chicken • Brown Rice • Green Beans & Cauliflower • Fresh Honeydew 	<ul style="list-style-type: none"> • Chicken Breast • Corn Flour Pasta • 4 Veggie Blend • Fresh Watermelon 	<ul style="list-style-type: none"> • Chicken In Salsa • Corn Tortillas • Green Beans • Diced Carrots • Fresh Fruit Salad
Week 3	3/11, 4/8, 5/6	3/12, 4/9, 5/7	3/13, 4/10, 5/8	3/14, 4/11, 5/9	3/15, 4/12, 5/10
	Lunch <ul style="list-style-type: none"> • Chicken & Herbs • Corn Flour Noodles • Green Beans & Cauliflower • Fresh Apples 	<ul style="list-style-type: none"> • Southwest Chicken White Rice Bowl • Peas & Carrots • Fresh Bananas 	<ul style="list-style-type: none"> • Chicken In Salsa • Corn Tortillas • Broccoli & Yellow Beans • Fresh Cantaloupe 	<ul style="list-style-type: none"> • Chicken Fajitas • Corn Tortillas • 4 Veggie Blend • Fresh Watermelon 	<ul style="list-style-type: none"> • Roasted Chicken • Brown Rice • Green Beans • Diced Carrots • Fresh Fruit Salad
Week 4	3/18, 4/15, 5/13	3/19, 4/16, 5/14	3/20, 4/17, 5/15	3/21, 4/18, 5/16	3/22, 4/19, 5/17
	Lunch <ul style="list-style-type: none"> • Vegetarian Burrito Bowl • Corn Tortillas • Broccoli & Yellow Beans • Fresh Apples 	<ul style="list-style-type: none"> • Chicken Breast • Corn Tortillas • Green Beans & Cauliflower • Fresh Bananas 	<ul style="list-style-type: none"> • Grilled Chicken • Corn Flour Pasta • Peas & Carrots • Fresh Honeydew 	<ul style="list-style-type: none"> • Stir-Fry Chicken • Brown Rice • 4 Veggie Blend • Fresh Watermelon 	<ul style="list-style-type: none"> • Corn Flour Pasta • Roasted Chicken • Green Beans • Diced Carrots • Fresh Fruit Salad